

Why teach themed classes?

- Theory to underpin practical skills
- Ways of exploring our approach to our practice
- For interest & inspiration

Can you think of any other reasons?

To include theory & philosophy we must:

- Research & contemplate upon the subject & apply it to our own practice/life first
- Be genuinely enthused by the subject so our teaching will be authentic
- Ensure material is pitched at the correct level for our group
- Ideally make it relevant to our students
- Include memorable information
- Never preach, offering yoga concepts for consideration
- Never spend too long simply talking and not over do a theme – keep it light and accessible

Can you think of any other important points?

How can we include theory & philosophy into our classes?

- Primary teaching point(s) for practices
- Bhavana i.e., attitude with which we approach practice
- Personal anecdotes
- Reading short passages
- Reading poems
- Bite sized pieces of interesting/inspirational information
- Choice of language used
- Images and metaphors when teaching
- Short discussions
- Answering questions raised
- Handouts
- Any others?

Times when we can interweave theory & philosophy into a class

- At the start of class when initially resting/centering
- During the initial part of the practice e.g. breathing practice or simple warming asana
- Bite sized pieces of information during the class when practicing
- During resting times
- Prior to different practices e.g. pranayama, meditation etc.
- Via a final sharing
- As a final thought

Can you think of other times in the class when we can introduce different elements of theory & philosophy?

Incorporating Yoga Theory & Philosophy into our classes: The Use of Themes

Which class practices can we use to highlight theory & philosophy?

We can potentially use all practices! e.g.

- Centering
- Asana
- Basic Breathing
- Pranayama
- Meditation
- Relaxation.....

How might you integrate some of the Yamas & Niyamas into a class?